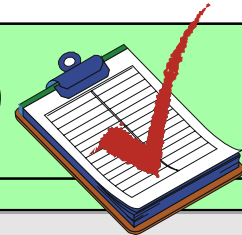


CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Nov. 13, 2000

NEWS BRIEFS

GOING ON THIS WEEK

Don't forget a few things that are going on this week:

Thursday, Nov. 16: **Great American Smokeout** booth in CHR lobby.

Friday, Nov. 17: **Diabetes Day**, Capitol

Friday, Nov. 17: **MHMR Product Sale**, CHR lobby.

Saturday, Nov. 18: **Book Fair**, Kentucky State University, Exum Center.



TIP OF
THE
WEEK

Most Americans know that their diet influences their cholesterol levels. There is conclusive proof that the right diet can slow or even modestly reverse the progression of atherosclerosis, which occurs when excess cholesterol accumulates along artery walls, hardens, and eventually narrows blood vessels. When a blood clot lodges in an artery narrowed by these fatty cholesterol deposits, blood supply is choked and a heart attack or stroke can result. Changing your diet to eat less fat is the best offense in lowering cholesterol.

Laboratory Passes Inspection

"No deficiencies found" are the words you want to hear from the inspector.

Those are the words the Division of Laboratory Services, our state public health laboratory, heard on Nov. 3 when it successfully passed inspection for state laboratory licensure and federal laboratory certification.

Surveyors from the Office of Inspector General conducted the inspection.

The Division of Laboratory Services is certified by five accrediting bodies to perform about 200 different kinds of clinical and environmental exams. The labora-

tory must adhere to strict guidelines of analysis and quality assurance required by each of the accrediting bodies while performing nearly 1 million procedures annually. Wow, that's a lot of work!

Laboratory testing performed by the division is to support the programs of the Department for Public Health, the Occupational Safety and Health Program (Labor Cabinet) and the Coroners and Medical Examiner's Program (Justice Cabinet).

Congratulations to the dedicated staff of the Division of Laboratory Services!



End In Sight For 5th Floor Work

The last two phases of renovation on the 5th floor will occur at the same time.

The Finance Cabinet is scheduled to start work on the east end of the building on Nov. 16. This means that the area that the Office of Inspector General currently occupies will be sealed off to through traffic on this date. Staff will have to use the stairs or freight elevator.

The other phase is in the area that Financial Management and Reporting Branch currently occupies in west end. This means that the main hallway used for the Office of Program Support and Office of General Counsel will once again be sealed off for a short period of time and hopefully opened prior to end of the month. This work will

begin this weekend (Nov. 18), so on Monday staff will have to access this back area by using the stairs or the west end freight elevator. If possible, try to avoid using the Secretary's office as a throughway.

As before, the area under renovation can be used as an exit during an emergency. Floor monitors will be stationed in these areas to help with the evacuation.

While this arrangement will once again be an inconvenience to staff, the work will result in the renovation being completed on or about Dec. 8, according to Lisa Detherage, manager of the Purchasing and Operational Management Branch. This date is almost three months ahead of our original schedule.




Public Health Gets CDC Award For Tobacco Survey

The Kentucky Department for Public Health has received the Centers for Disease Control and Prevention Director's Award for Contribution to Public Health for the successful completion of the state's Youth Tobacco Survey (YTS).

The YTS is administered to students and contains questions covering seven categories. These

are: prevalence of tobacco use, tobacco knowledge and attitudes, minors' access to tobacco, media and advertising of tobacco, smoking cessation, exposure to environmental tobacco smoke, and school curriculum. This information will assist the states in designing, implementing and evaluating their comprehensive tobacco control program.

The Kentucky YTS data was obtained from middle and high school students across the state from February through June, 2000. The information was gathered for the Healthy Kentuckians 2010 Prevention Initiative. The initiative is designed to promote healthy behavior, improve personal and public health and to prevent and reduce disease in the state. 

Governor Proclaims IDEA Week



Gov. Paul Patton signed a proclamation last week designating the week of Nov. 27 as Individuals with Disabilities Education Act Awareness Week. The act, known as IDEA, mandates that all children with disabilities are entitled to a free and appropriate public education with parent input.

Warning Issued For Off Shore Phone Scam

CHS Chief Information Officer Joe Thompson wants to warn fellow employees about a phone scam that could be costly.

He says do not respond to E-mails, phone calls, or web pages which tell you to call an "809" phone number.

"This is a scam that is spreading extremely quickly – your call can

easily cost you \$24,100 or more, and is difficult to avoid unless you are aware of it," Thompson said.

He said victims usually receive a message on their answering machine, pager or in an E-mail asking them to call a number beginning with area code 809. The reason you're asked to call varies.

If you call from the U.S., **you will**

be charged \$2,425 per-minute. Or, you'll get a long recorded message. You will be kept on the phone as long as possible to increase the charges.

The 809 area code is located in the British Virgin Islands (Bahamas) and is not regulated by the U.S.

Thompson recommends that no matter how you get the message, investigate further. Be wary of email or calls asking you to call an 809 area code number. 